

Clinical, Research, and Teaching Activities

Clinical Activities:

- Assistant Director of the Human Performance Laboratory, DiSepio Institute for Rural Health and Wellness
- Director of the Evergreen Exercise Clinic, Center for Rural Cancer Survivorship

Research Interests:

- Role of physical activity and exercise in the prevention, treatment, and rehabilitation of cancer
- Use of subjective measures in exercise intensity regulation
- Reducing ACL injury and re-injury risk
- Sport Performance

Teaching Activities:

- EXPH 312 Exercise Across the Lifespan
- EXPH 330 Neuromuscular Principles of Strength & Conditioning
- EXPH 330 L Neuro Principles of Strength & Conditioning Lab
- EXPH 375 Research Methods in Exercise Physiology
- EXPH 360 Exercise Testing & Prescription
- EXPH 360 L Exercise Testing & Prescription Lab
- EXPH 400 Advanced Lab & Field Methods
- EXPH 405 Clinical Exercise Physiology
- EXPH 414/5 Special Topics: Senior Seminar
- MSCC 512 Exercise Testing & Prescription for the Cancer Survivor
- MSCC 513 Clinical Exercise Physiology for Cancer Survivors
- MSCC 514/5 Clinical Exercise Physiology Methods for Cancer Survivors I/II
- MSCC 604 Biology of Cancer II – Exercise Immunology
- PSYC 206 Health and Exercise Psychology

Membership & Certifications in Scientific/Professional/Honorary Societies

American College of Sports Medicine (ACSM)	2009 – Present
Certifications	
Registered Clinical Exercise Physiologist (RCEP)	2019 – Present
Certified Cancer Exercise Trainer (ACSM/ACS-CET)	2016 – Present
Exercise is Medicine Credential – Level 3 (EIM 3)	2013 – Present
Certified Clinical Exercise Physiologist (CEP)	2011 – Present
Clinical Exercise Physiology Association (CEPA)	2019 – Present
Mid-Atlantic Regional Chapter of ACSM	2009 – Present
Public Responsibility in Medicine and Research (PRIM&R)	2018 – Present
National Strength and Conditioning Association (NSCA)	2019 – Present
Certified Strength & Conditioning Specialist (CSCS)	2019 – Present

Additional Certifications

Saint Francis University Online Instructor Certification	2020 – Present
American Heart Association Heartsaver First Aid	2015 – Present
Basic Life Support for Healthcare Providers (CPR and AED)	2013 – Present
COSMED Registered Bod Pod User	2013 – Present
Pennsylvania Department of Aging “Healthy Steps for Older Adults” Trainer	2012 – Present

Publications

Full Papers

1. Vainshelboim, B., Brennan, G. M., LoRusso, S., Fitzgerald, F., **Wisniewski, K. S.** (2019) Sedentary behavior and physiological health determinants in male and female college students. *Physiology & Behavior*, 204, 277–282.
2. Willis, Erik A.; White, Dave; Shafer, Alex; **Wisniewski, Kristofer**; Goss, Fredric L.; Chiapetta, Laurel B.; Arena, Vincent C.; Robertson, Robert J.; & Nagle, Elizabeth F. (2015). Relation of Income and Education Level with Cardiorespiratory Fitness. *Inter J Exerc Sci*, 8(3), 265-276.
3. Haile, Luke. Robertson, Robert, J., Nagle, Elizabeth, F., Krause, Maressa, P., Gallagher, Jr., Michael, Ledezma, Christina, M., **Wisniewski, Kristofer, S.**, Shafer, Alex, B., & Goss, Fredric, L. (2013). Just noticeable difference in perception of physical exertion during cycle exercise in young adult men and women. *Eur J Appl Physiol*, 113(4), 877-885.

Conference Presentations/Abstracts

1. Holmes, K.K., LoRusso, S.M., **Wisniewski, K.**, Heitzenrater, J., Baker, S., Wonders, K., Teranashi-Hashimoto, C., & Yamada, P. Time-Site Differences in Cancer Survivors Ratings of Distress due to COVID-19 and Exercise Clinics Closure.
 - Poster Presentation: 2021 MARC-ACSM Annual Meeting
 - Abstract: International Journal of Exercise Science: Conference Proceedings:

2. Sipolino, S.J., **Wisniewski, K.S.** Exercise Barriers and Attitudes in Prostate Cancer Survivors Receiving Androgen Deprivation Therapy.
 - Poster Presentation: 2020 MARC-ACSM Annual Meeting, Virtual
 - Abstract: International Journal of Exercise Science: Conference Proceedings:
 - Poster Presentation: 2021 ACSM Annual Meeting, Virtual
3. Holmes, K.K., LoRusso, S.M., **Wisniewski, K.**, Heitzenrater, J., Baker, S., Wonders, K., Teranashi-Hashimoto, C., & Yamada, P. Six-month Change in Cancer Survivors ratings of Distress with Pandemic Closure of Exercise Rehabilitation Clinics.
 - Poster Presentation: 2021 ACSM Annual Meeting, Virtual
4. Whitfield, T.L., Fitzgerald, P.I., **Wisniewski, K.S.** Comparison of BIA Devices in College Students.
 - Slide Presentation: 2020 SFU Student Research Day, Virtual
5. Wicks, Z.L., Fitzgerald, P.I., **Wisniewski, K.S.** Comparison Body Composition Assessment Using Bod Pod and InBody770.
 - Slide Presentation: 2020 SFU Student Research Day, Virtual
6. Lapinski, L., Fitzgerald, P.I., **Wisniewski, K.S.** Comparison of a BIA Device and Bod Pod in Young Adults.
 - Slide Presentation: 2020 SFU Student Research Day, Virtual
7. Baker, S.H., **Wisniewski, K.S.** Rural Exercise Oncology and **The Evergreen Exercise Clinic**
 - Exercise is Medicine Session: 2020 NEACSM Annual Meeting, Virtual
 - Slide Presentation and Panel Discussion
8. Sipolino, S.J., Kanski, K.M., Stillman, J.A., **Wisniewski, K.S.** Effects of 12 Weeks of an Individualized Exercise Program in Cancer Survivors.
 - Slide Presentation: 2019 MARC-ACSM Annual Meeting, Harrisburg, PA
 - Abstract: International Journal of Exercise Science: Conference Proceedings: (2020) Vol. 9: Iss. 8, Article 110.
 - Slide Presentation: 2019 SFU Student Research Day
9. Kanski, B.M., Sipolino, A.J., Colaric, K.N., **Wisniewski, K.S.** Effect of a 12-week Supervised Exercise Program on Anxiety and Depression in Cancer Survivors.
 - Slide Presentation: 2019 MARC-ACSM Annual Meeting, Harrisburg, PA
 - Abstract: International Journal of Exercise Science: Conference Proceedings: (2020) Vol. 9: Iss. 8, Article 54.
 - Slide Presentation: 2019 SFU Student Research Day

- Accepted for Poster: 2020 ACSM Annual Meeting, San Francisco, CA (Cancelled due to COVID-19)
10. Heitzenrater, J.R., Svendsen, N.M., **Wisniewski, K.S.** Relationship of Health-Related Quality of Life to Functional Fitness in Rural Cancer Survivors.
- Slide Presentation: 2019 MARC-ACSM Annual Meeting, Harrisburg, PA
 - Abstract: International Journal of Exercise Science: Conference Proceedings: (2020) Vol. 9: Iss. 8, Article 43.
 - Slide Presentation: 2019 SFU Student Research Day
 - Online Slide Presentation: 2020 Conemaugh Health System Annual Regional Research Symposium (Zoom)
 - Accepted for Poster: 2020 ACSM Annual Meeting, San Francisco, CA (Cancelled due to COVID-19)
11. Shriner, A.L., Parry, S.L., **Wisniewski, K.S.** Effects of an Eight Week Periodized Resistance Program in Adolescents.
- Finalist: MARC-ACSM Matthew Kerner Undergraduate Student Investigator Award
 - Slide Presentation: 2019 MARC-ACSM Annual Meeting, Harrisburg, PA
 - Abstract: International Journal of Exercise Science: Conference Proceedings: (2020) Vol. 9: Iss. 8, Article 108.
 - Slide Presentation: 2019 SFU Student Research Day
12. **Wisniewski, K.** Exercise Intensity: Do Individuals Perceive It as We Physiologically Define It?
- Poster: 2019 ACSM Annual Meeting, Orlando, FL
 - Abstract: *Med. Sci. Sports Exerc.*, 51(5S): May 2019.
 - Slide Presentation: 2018 MARC-ACSM Annual Meeting, Harrisburg, PA
 - Abstract: International Journal of Exercise Science: Conference Proceedings: (2019) Vol. 9: Iss. 7, Article 120.
13. Gresko, J., Ruggieri, M., Graham, J., Fitzgerald, P., **Wisniewski, K.** Effects of an Eight Week Periodization Training Program in Adolescents.
- Slide Presentation: 2018 MARC-ACSM Annual Meeting, Harrisburg, PA
 - Abstract: International Journal of Exercise Science: Conference Proceedings: (2019) Vol. 9: Iss. 7, Article 37.
 - Slide Presentation: 2018 SFU Student Research Day
14. **Wisniewski, K.** Validation of the Perceived Intensity Scale and Ratings during the Bruce Protocol
- Slide Presentation: 2018 Conemaugh Health System Annual Regional Research Symposium, Johnstown, PA
 - Awarded 2nd place

15. Brennan, K., Fitzgerald, P., **Wisniewski, K.** Evaluation of the Accuracy of the ACSM Walking Metabolic Equations During the Bruce Protocol
 - Poster: 2018 ACSM Annual Meeting, Minneapolis, MN
 - Abstract: *Med. Sci. Sports Exerc.*, 50(5S):670, May 2018.
 - Poster: 2018 Conemaugh Health System Annual Regional Research Symposium, Johnstown, PA
 - Awarded 2nd place
 - Poster: 2017 SFU Student Research Day
 - Poster: 2017 MARC-ACSM Annual Meeting, Harrisburg, PA
 - Abstract: *International Journal of Exercise Science: Conference Proceedings*: (2018) Vol. 9: Iss. 6, Article 16.
16. Jegerski, M.L., Vainshelboim, B., Brennan, G.M., Piascik, H., Dieterich, S.D., Fitzgerald, P., LoRusso, S., **Wisniewski, K.S.** Comparison of Methods Assessing Body Composition in Young Adults.
 - Poster: 2018 ACSM Annual Meeting, Minneapolis, MN
 - Abstract: *Med. Sci. Sports Exerc.*, 50(5S):164, May 2018.
17. Graham, J.D., **Wisniewski, K.S.** Association between Segmental Lean Body Mass and Muscular Strength.
 - Poster: 2018 ACSM Annual Meeting, Minneapolis, MN
 - Abstract: *Med. Sci. Sports Exerc.*, 50(5S):165, May 2018.
18. LoRusso, S., Brennan, G.M., Piascik, H., Dieterich, S.D., Jegerski, M.L., **Wisniewski, K.S.**, Vainshelboim, B., Fitzgerald, P.I. Lifestyle Behaviors and Body Composition in Young Adults.
 - Poster: 2018 ACSM Annual Meeting, Minneapolis, MN
 - Abstract: *Med. Sci. Sports Exerc.*, 50(5S):164-165, May 2018.
19. Piascik, H., **Wisniewski, K.S.**, Brennan, G.M., Dieterich, S.D., Fitzgerald, P., Jegerski, M.L., LoRusso, S., Vainshelboim, B. Lifestyle Behaviors and Muscular Strength in Young Adults
 - Poster: 2018 ACSM Annual Meeting, Minneapolis, MN
 - Abstract: *Med. Sci. Sports Exerc.*, 50(5S):47, May 2018.
20. Vainshelboim, B., LoRusso, S., Mulligan, I., Baker, S., Fitzgerald, P., **Wisniewski, K.**, Myers, J. Cardiorespiratory Fitness and Cancer in Women
 - Poster: 2018 ACSM Annual Meeting, Minneapolis, MN
 - Abstract: *Med. Sci. Sports Exerc.*, 50(5S):706, May 2018.
 - Slide Presentation: 2017 MARC-ACSM Annual Meeting, Harrisburg, PA
21. Brennan, G., Piascik, H., Dieterich, S., Jegerski, M., Vainshelboim, B., **Wisniewski, K.** The Effectiveness of Individualized Exercise Programs on the Physical Fitness of Rural Cancer Survivors
 - Slide Presentation: 2017 MARC-ACSM Annual Meeting, Harrisburg, PA
 - Abstract: *International Journal of Exercise Science: Conference Proceedings*: (2018) Vol. 9: Iss. 6, Article 15.
 - Slide Presentation: 2017 SFU Student Research Day

22. Arney, B., **Wisniewski, K.** Perceived Intensity Level During Treadmill Exercise.
- Poster: 2016 MARC-ACSM Annual Meeting, Harrisburg, PA
 - Abstract: *International Journal of Exercise Science: Conference Proceedings*: (2017) Vol. 9: Iss. 5, Article 3.
 - Poster: 2016 SFU Student Research Day
23. Bennett, N., Foggia, N., Bertie, R., **Wisniewski, K.** Performance Measure in Female Collegiate Soccer Players According to ACL Injury.
- Poster: 2016 MARC-ACSM Annual Meeting, Harrisburg, PA
 - Abstract: *International Journal of Exercise Science: Conference Proceedings*: (2017) Vol. 9: Iss. 5, Article 9.
 - Poster: 2016 SFU Student Research Day
24. Michael, T., **Wisniewski, K.** Inter-rater Reliability of the Overhead Squat Test
- Poster: 2016 SFU Student Research Day
25. Wharton MA, Klima DW, **Wisniewski KS**, McMellen KS, Fort SL, & Abrams DM. Gait Performance and Fear Avoidance Among Community-Dwelling Older Adults
- Poster: 2015 Pennsylvania Physical Therapy Association Annual Meeting, Champion, PA
 - Poster: 2015 APTA Annual Next Conference & Exposition, National Harbor, MD
26. Nickels, R., **Wisniewski, K.** Does perceived aerobic exercise intensity match the prescribed physiological cutoffs?
- Poster: 2015 SFU Student Research Day
27. Foore, C., **Wisniewski.** Are Saint Francis University students meeting current physical activity recommendations?
- Poster: 2014 SFU Student Research Day
 - 2015 *Spectrum*. 6(1). Pgs. 4 – 7.
28. **Wisniewski, K.**, Goss, F. (FACSM), Rubinstein, E., Davis, K., Nagle, E. (FACSM), Storti, K., Jakicic, J. (FACSM). Validation of OMNI-Walk/Run RPE in Overweight and Obese Adults.
- Slide Presentation: 2013 MARC-ACSM Annual Meeting, Harrisburg, PA
 - Slide Presentation: 2014 ACSM Annual Meeting, Orlando, FL
 - Abstract: *Med. Sci. Sports Exerc.*, Spring, 46(5): 2014 Supplement.
29. Gray, S.J., Drozdowsky, D.S., Schoenenberger, M.A., **Wisniewski, K.S.**, Fitzgerald, P.I. The Relationship Between Aerobic Fitness, BMI, and Measures of Perception While at Very High Altitudes.
- Poster: 2013 MARC-ACSM Annual Meeting, Harrisburg, PA

30. **Wisniewski, K.**, Goss, F. (FACSM), Rubinstein, E., Davis, K., Nagle, E. (FACSM), Storti, K., Jakicic, J. (FACSM). Preferred Method of Self-Regulating Exercise Intensity in Overweight and Obese Adults.
- Slide Presentation: 2012 MARC-ACSM Annual Meeting, Harrisburg, PA
 - Poster Presentation: 2013 ACSM Annual Meeting, Indianapolis, IN
 - Abstract: *Med. Sci. Sports Exerc.*, Spring, 45(6): 2013 Supplement.
31. **Wisniewski, K.**, Shafer, A., Taylor, M., Nagle, E. (FACSM), Robertson, R. (FACSM), & Goss, F. (FACSM). Perception of Exercise Intensity Level in Recreationally Active Young Adults.
- Poster Presentation: 2012 ACSM Annual Meeting, San Francisco, CA
 - Abstract: *Med. Sci. Sports Exerc.*, Spring, 44(2): 2012 Supplement.
32. Shafer, A. **Wisniewski, K.**, Panzak, G., Willis, E., Nagle, E. (FACSM), Robertson, R. (FACSM), & Goss, F. (FACSM). Response Normalized Affect, Enjoyment, and RPE at the Ventilatory Breakpoint in Recreationally Active Young Adults.
- 2012 ACSM Annual Meeting, San Francisco, CA
 - Abstract: *Med. Sci. Sports Exerc.*, Spring, 44(2): 2012 Supplement.
33. Haile, A. M., Haile, L., Taylor, M., Shafer, A., **Wisniewski, K.**, Deldin, A., Panzak, G., Goss, F. L. (FACSM), Nagle, E. (FACSM), & Robertson, R. J. (FACSM). Concurrent Validity of an Exercise Enjoyment Scale Using Physiological and Psychological Criteria.
- 2012 ACSM Annual Meeting, San Francisco, CA
 - Abstract: *Med. Sci. Sports Exerc.*, Spring, 44(2): 2012 Supplement.
34. Deldin, A. R., Schafer, A. B., **Wisniewski, K.**, Haile, A., Robertson, R. J. (FACSM), Nagle, E. F. (FACSM), & Goss, F. L. (FACSM). Effect of Capillary Blood Sampling on Psychological and Perceptual Responses During Load Incremented Cycle Ergometry.
- 2012 ACSM Annual Meeting, San Francisco, CA
 - Abstract: *Med. Sci. Sports Exerc.*, Spring, 44(2): 2012 Supplement.
35. Taylor, M., Shafer, A., **Wisniewski, K.**, Haile, L., Panzak, G., Nagle, E. (FACSM), Goss, F. (FACSM), & Robertson, R. (FACSM). Effect of Intermittent Capillary Blood Sampling on Physiological Responses During Load Incremented Cycle Ergometry.
- 2012 ACSM Annual Meeting, San Francisco, CA
 - Abstract: *Med. Sci. Sports Exerc.*, Spring, 44(2): 2012 Supplement.
36. **Wisniewski, K.**, Robertson, R.J., & Goss, F.L. Response Normalized OMNI RPE at the Ventilatory Breakpoint in Overweight and Normal Weight Young Adult Females.
- Slide Presentation: 2011 Annual Meeting MARC-ACSM, Harrisburg, PA.
37. **Wisniewski, K.**, Shafer, A., White, D., Addis, A., Deldin, A., Willis, E., Arena, V., Chiappetta, L., Goss, F.L. (FACSM), Nagle, E. (FACSM), Robertson, R.J. (FACSM). Non-Exercise Predictors of Maximal Treadmill Time.
- Slide Presentation: 2010 MARC-ACSM Annual Meeting, Harrisburg, PA
 - Poster Presentation: 2011 ACSM Annual Meeting, San Francisco, CA
 - Abstract: *Med. Sci. Sports Exerc.*, Spring, 43(5): 2011 Supplement.

38. Shafer, A., **Wisniewski, K.**, White, D., Willis, E., Frey, S., Chiappetta, L., Nagle, E. (FACSM), Arena, V., Goss, F. L. (FACSM), Robertson, R. J. (FACSM). Psychosocial, Body Image, and Environmental Differences between Those Who Attain and Do Not Attain VO_{2max} .
- 2011 ACSM Annual Meeting, San Francisco, CA
 - Abstract: *Med. Sci. Sports Exerc.*, Spring, 43(5): 2011 Supplement.
39. Nagle, E. F., (FACSM), Chiappetta, L., Shafer, A. B., Arena, V. C., Storti, K. L., Kriska, A. M., (FACSM), **Wisniewski, K.**, White, D., Goss, F. L., (FACSM), Robertson, R. J., (FACSM). Psychosocial and Physiological Characteristics in Adults with Physical Activity Change Across a Two Year Period.
- 2011 ACSM Annual Meeting, San Francisco, CA
 - Abstract: *Med. Sci. Sports Exerc.*, Spring, 43(5): 2011 Supplement.
40. **Wisniewski, K. S.**, Ledezma, C. M., Ireland, L. M., White, D. A., Bossart, S. R., Goss, F. L. (FACSM), Nagle, E. F. (FACSM), Robertson, R. J. (FACSM). Influence of Health-fitness Variables on Response Normalized OMNI RPE at the Ventilatory Breakpoint.
- Slide Presentation: 2009 MARC-ACSM Annual Meeting, Harrisburg, PA
 - Slide Presentation: 2010 ACSM Annual Meeting, Baltimore, MD.
 - Abstract: *Med. Sci. Sports Exerc.*, Spring, 42(5): 2010 Supplement.
41. Haile, L., Krause, M. P., Waechter, J. D. Jr., **Wisniewski, K. S.**, Mays, R. J., Nagle, E. F. (FACSM), Goss, F. L. (FACSM), Robertson, R. J. (FACSM). Just Noticeable Difference in Perception of Physical Exertion: Relation with Ventilatory Breakpoint and VO_{2peak} .
- 2010 ACSM Annual Meeting, Baltimore, MD.
 - Abstract: *Med. Sci. Sports Exerc.*, Spring, 42(5): 2010 Supplement.
42. Ireland, L. M., Ledezma, C. M., Waechter, J. D. Jr., **Wisniewski, K. S.**, Shafer, A. B., Gallagher, M. Jr., Goss, F. L. (FACSM), Nagle, E. F. (FACSM), Robertson, R. J. (FACSM). Effect of Teleoanticipation on Intensity Self-regulation Error during Cycle Exercise in Females.
- 2010 ACSM Annual Meeting, Baltimore, MD.
 - Abstract: *Med. Sci. Sports Exerc.*, Spring, 42(5): 2010 Supplement.
43. Krause, M. P., Haile, L., Ledezma, C., Ireland, L. M., Welikonich, M., Shafer, A. B., **Wisniewski, K. S.**, Goss, F. L. (FACSM), Nagle, E. F. (FACSM), Robertson, R. J. (FACSM). Global Session and Segmented Session RPE Responses to a Continuous Perceptual Production Cycle Protocol.
- 2010 ACSM Annual Meeting, Baltimore, MD.
 - Abstract: *Med. Sci. Sports Exerc.*, Spring, 42(5): 2010 Supplement.
44. Garcia, D., Verba, S., Murray, T., **Wisniewski, K.**, Jakicic, J. M. Does a Pediatric Weight Control Program Have an Effect on Body Weight of the Parent?
- 2010 Obesity Society Annual Scientific Meeting, San Diego, CA.
 - Abstract: *Obesity Research*, 18(2): 2010 Supplement.