

Curriculum Vitae

Christopher L. Fink

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Research / Scholarship Interest

Research on physical activity and dietary behavior change, application of theoretical constructs and principles to the health behavior change process, food education and food studies, food insecurity and chronic disease, cooking as a health behavior, qualitative research (especially focused on food education, culture, and traditions), systems design in promoting dietary health, the role of markets and the producer/consumer relationship in dietary health and quality of life, purpose and meaning in physical activity and diet, and the relationship between the Mediterranean culture and lifestyle (specifically Italian) and nutritional / movement behavior choices. Currently implementing a cooking, food, and nutrition-related program focused on reducing food insecurity, and collaborating with colleagues in Italy in examining the interplay between traditional knowledge regarding food, food system design, and health promotion.

Education

Doctor of Philosophy, August, 2007

Dissertation: A Worksite Examination of the Transtheoretical Model in Exercise

The Ohio State University

Advisor: Dr. Janet Buckworth

Major: Exercise Science, Cognate: Research Methods

Master of Science, December, 2001

Thesis: State Anxiety and the Hoffmann Reflex Following Selected Forms of Acute Exercise

Indiana University-Bloomington

Advisor: Dr. Jack Raglin

Major: Kinesiology / Applied Sport Science – Sport Psychology Concentration

Bachelor of Science, May 1999

Thesis: A Comparison of the Effects of Player Movement on Task Cohesion Levels Between a College Baseball Team and a Minor League ‘A’ Level Baseball Team

Lake Superior State University

Advisor: Dr. Joe Susi

Major: Exercise Science / Athletic Training Concentration

Teaching Experience

- **Associate Professor & Department Chair, Health and Human Kinetics, Ohio Wesleyan University (Associate Professor from Fall 2015; Department Chair from Fall, 2010-Present; Assistant Professor from Fall, 2007-Present;)**
 - Course planning, developing instructional materials, exams, lectures, evaluating and grading student performance, facilitating applied experiences including international travel learning
 - Implementing a cooking-related health promotion program around the Cooking Matters™ program
 - Developing and proposing a departmental nutrition program
 - Co-developed an interdisciplinary mentored minor in food studies
 - Developed a departmental health promotion program
 - Co-coordinated the OWU Food Course Connection, which is a group of faculty from across disciplines with courses that have a shared focus on food
 - Continuing to develop an international study program focused on dietary and physical

- activity behaviors and contexts
- Advising honors projects and directed readings
- Serving as academic advisor to students
- Working with faculty and staff in other departments on health-related projects
- Courses:
 - Qualitative Inquiry in Health and Human Kinetics
 - HHK Senior Seminar
 - Adult Fitness: Planning, Delivery, and Assessment
 - A Systemic Approach to Obesity Prevention in Italy and the United States
 - Field experience in Health Promotion and Health Education
 - Health Program Planning
 - Personal Health
 - Sport and Exercise Nutrition
 - Motor Learning
 - History, Philosophy, and Principles of Physical Education (Health and Human Kinetics)
- **Instructor, Umbra Institute, Perugia Italy (Summer 2014 and Summer 2016)**
 - Taught course called Italy and the Mediterranean Diet: Myths and Realities
 - Explored research and historical foundations of the Mediterranean Diet
 - Conducted fieldwork on cultural aspects of the Mediterranean Diet
 - Guided students toward a critical and culturally competent exploration of dietary context in a Mediterranean setting
 - Taught students from OWU and three other Universities
- **Adjunct Instructor, Ohio Wesleyan University (Spring, 2007)**
 - Developing instructional materials, slides, exams, and will deliver lectures and evaluate student performance for 1 course of about 25 students
 - Physical Education: History, Philosophy, and Principles (1 semester)
- **Instructor, The Ohio State University (Spring 2003, Autumn 2005, Spring 2006)**
 - Developed lecture materials, syllabus, PowerPoint slides, and exams, delivered lectures, and evaluated / graded student performance for 4 courses averaging 25 students
 - Promoting Behavior Change in Exercise, Sport, and Leisure (3 quarters)
 - Worksite Health Promotion (1 quarter)

Relevant Research Experience

- Effectiveness of the Cooking Matters™ in Changing Dietary Health Behaviors: An Examination of Behavioral Correlates and the Lived Experience (2014-ongoing)
 - Research on the effectiveness of the Cooking Matters™ program that is beginning through the OWU HHK Department starting in fall 2014. Qualitative methods are being used to examine the experience of participants as well as survey methods to explore behavioral correlates.
- The Sagra: Food, Heritage, and Cultural Representation (2016-ongoing)
 - Ethnographic description of the *sagra*, an Italian local/traditional food festival linked to important food products and preparations. The project focuses on social and economic functions, biodiversity, and concomitant nutrient-rich food production and promotion, and contexts of tradition within economies of change with industrialized agriculture.
- Evolution of a systemic, user-driven wellness program in worksite settings (2015-ongoing)
 - This is a project collaboration with several colleagues focusing on their work with a worksite fitness and wellness initiative, as well as the work that our students have done in a variety of worksite settings, with improving functional fitness and quality of life issues using a specific training method. My role is providing a health-focused theoretical framework for exploring the development and outcomes of the program.
- Development of an Undergraduate Food Education Curriculum (2012-ongoing)
 - Pedagogical research creating a holistic focus on food to be embedded within an undergraduate health course. Content includes various food system topics framed within

- health enhancement, as well as one day of cooking per week to build self-efficacy for food preparation skills. Assessment includes qualitative measurement of learning objectives and self-efficacy for dietary decision making and food preparation.
- Food Traditions, Systemic Design, and Health Promotion (2012-ongoing)
 - Research creating a theoretical framework for the inter-relationship of food traditions systemic design (relative to food), and health promotion. Includes an examination fo the role of markets and the consumer/producer relationship. Collaborative project with the Università degli Studi di Scienze Gastronomiche in Pollenzo, Italy and the Politecnico di Torino, as well as the Umbra Institute in Perugia, Italy.
 - Granai della Memoria: Oral Histories of Food Memories (2011 - ongoing)
 - Qualitative project collecting oral histories of food traditions from local older adults. Specifically focuses on traditions that were passed down orally before the vast industrialization of the food system in the mid- to late-20th century. Collaborative project with the Università degli Studi di Scienze Gastronomiche in Pollenzo, Italy.
 - Mediterranean Lifestyle and Obesity Prevention (Current)
 - An internally funded project examining the influence on traditional cultural factors on obesity-preventing behaviors (physical activity and nutrition) in a Mediterranean culture (Italy). The end goal of this project is to better inform behavior change efforts that focus on the purpose and meaning of activity, rather than quantitative outcomes. Student research and involvement is critical in this process as well.
 - Qualitative Evaluation of a Food Education Organization. (2010)
 - A qualitative investigation focusing on producing a description of the activities and organizational structure of a non-profit organization in central Ohio that focuses on changing health by impacting the food system on various social-ecological levels.
 - OWU Alcohol and Other Drug (AOD) survey (2008, 2011, 2013)
 - Worked to develop and implement a web-based assessment of the attitudes and behaviors of OWU students toward alcohol use and other drugs, with the objective of gaining a better understanding of the prevalence of these behaviors and related attitudes among OWU students.
 - A Worksite Examination of the Transtheoretical Model in Exercise (Doctoral Dissertation 2005-2006)
 - Designed and proposed the project, recruited subjects, designed web-based survey methodology, and will conduct data analysis using linear model multiple regression prediction
 - Ratings of Perceived Exertion are not Influenced by Exercise Stage of Change in Physically Active College Students (2004).
 - Conducted data management using linear regression and ANOVA methodologies, and co-authored manuscript
 - Project TEAM (2001-2002)
 - Conducted data entry and management on college student physical activity patterns, attitudes, and fitness-based outcomes.
 - State Anxiety and the Hoffmann Reflex Following Selected Forms of Acute Exercise (Master's Thesis 2000-2001)
 - Designed and proposed the project, recruited subjects, developed timeline for measuring reflex and mental health variables, conducted data analysis using ANOVA and correlation methodologies
 - Assessment of the R-III Reflex in College Students (2000-01)
 - Assisted in developing methodology for eliciting reflex

Publications

- Fink, C. (2014). Teaching food and qualitative inquiry: Toward an ideographic approach. *Food, Culture, and Society: An International Journal of Multidisciplinary Research*, 17(3), 493-512.
- Fink, C. (2013, Fall). Granaries of memory. *Edible Columbus*, 15, 24-26.
- Buckworth, J., Fink, C., Rozorea, M., & Mattern, C. (2004). Ratings of perceived exertion are not influenced by exercise stage of change in physically active college students. *Perceptual and Motor Skills* 99, 871-882.

Presentations

- Ascione, E. & Fink, C. (2017). Chestnut sagra in Poggio, Umbria, Italy. Practices and discourses around heritage food. Association for the Study of Food and Society Annual Meeting, Los Angeles, CA.
- Pucciarelli, D., Gruver, J., Fink, C., Wadsworth, L., Hossfield, L., & Davies, C. (2017). Building Local, Food-Community Networks: Academia, NGOs and Community. Association for the Study of Food and Society Annual Meeting, Los Angeles, CA.
- Fink, C. (2016). Literal and figurative landscapes in higher education: Challenges & Opportunities in food studies. Presentation at the Perugia Food & Sustainability Studies Conference at the Umbra Institute, Perugia, Italy.
- Fink, C. (2016). Calories, cooking, AND context: Using a critical, non- reductionist, ideographic approach to achieve outcomes of change in dietary health. Featured presenter - breakout session presentation at the 26th Annual Art & Science of Health Promotion Conference, Orlando, FL.
- Petit, M., Knop, N., & Fink, C. (2015). Creating cultures of health and performance: Lessons learned from practice and theory. Presentation at the National Wellness Conference, Minneapolis, MN.
- Fink, C. (2015). Cooking up collaboration: A Non-reductionist, health-based University cooking program. Presentation at the National Wellness Conference, Minneapolis, MN.
- Fink, C. (2015). Cooking the selfie: The impacts of Photovoice techniques on college student subjectivities regarding food insecurity. Session chair and presenter at the 2015 International Congress of Qualitative Inquiry, Urbana, IL.
- Goldsberry, K., Albon, D., & Fink, C. (2013). Theory to practice through travel learning. Session presentation at the 2013 NASPA Region IV East conference, Skokie, IL.
- Fink, C. (2013). Presentation of Granaries of Memory project research results. Seminar presentation at the University of Gastronomic Sciences, Pollenzo, Italy in May 2013.
- Fink, C. (2012). Granaries of Memory: The Experience at an Ohio University. Presentation at Terra Madre / Salone del Gusto 2012, Turin Italy.
- Fink, C. (2012). Putting prevention into practice at Ohio Wesleyan University. Featured presentation at the Go Healthy! Delaware County Action Institute, Delaware, OH
- Fink, C. (2012). Travel learning: Comparing obesity-related environmental factors in Italy. Featured Session presentation at the 2012 American Alliance for Health, Physical Education, Recreation, and Dance Annual Meeting, Boston MA.
- Fink, C. (2011). Progetto “Health and Food” at Institute F. Albert in Lanzo, Italy. Collaborative project results presented with Health Promotion professionals and students from Sagan Course at OWU, Istituto F. Albert in Lanzo, Italy, and ASL-6 (Public Health Agency) in Nole, Italy.
- Fink, C. (2010). Creative Media: Promoting Higher Level Learning through Interactive Projects! Trends & Issues Session at the American Alliance for Health, Physical Education, Recreation, and Dance National Convention, Indianapolis, IN.
- Fink, C. (2006). A Worksite Examination of the Transtheoretical Model in Exercise. Featured Session at the American College of Sports Medicine Annual Meeting, Denver, CO.
- Fink, C. (2004). State anxiety and the Hoffmann reflex following selected forms of acute exercise. Slide presentation at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.
- Fink, C. (2001). State anxiety and the Hoffmann reflex responses to acute bicycle ergometry and resistance training. Slide presentation at the Midwest Regional Conference of the American College of Sports Medicine, Columbus, OH.

Direction of Student Research

- Fink, C., Ascione, E., Scinto, S., & Madonich, N., (2014). Markets and the producer/consumer dynamic: A systemic exploration.
- Marotta, A., and Fink, C. (2012). Development of a food education curriculum for use at a liberal arts college.
- Walsh, A., and Fink, C. (2012). A qualitative examination of fitness as prevention in Crohn’s Disease: The public health and humanistic implications of an ethical, functional fitness program on quality of life.
- Cocumelli, C., and Fink, C. (2011). Sport nutrition in women’s field hockey: A qualitative inquiry.
- VanVranken, T., and Fink, C. (2011). Quality of life and prescription of a rehabilitation program for children with muscular dystrophy.
- Chiero, J., and Fink, C. (2010). Connecting research and practice: Rationale for and development of

an assessment-based training program for increased performance and injury prevention in collegiate male golfers. *Departmental Honors Project - won the 2009-2010 OWU Library Research Award.

- Vasami, G., and Fink, C. (2008). An analysis of nutritional choices in a college-age population.
- Found, A., and Fink, C. (2008). Generating recommendations for nutrition on a college campus: A systemic approach.

Awards and Honors

- United Way Collective Impact Grant: 2016. \$18,360 to support OWU Cooking Matters Program
- United Way Collective Impact Grant: 2015. \$12,580 to support OWU Cooking Matters Program
- Selected as Slow Food Youth Network U.S. Delegate to We Feed the Planet event at Milan Expo 2015; October 3-6, 2015.
- Thomas E. Wenzlau grant (2014-15). Grant funding received to support travel to the 2015 International Congress of Qualitative Inquiry.
- Lake Superior State University 2013 Paul Ripley Award for Young Alumni. This award is given to an alumnus within fifteen years of graduation who has demonstrated exceptional personal and professional success early in their career. Ceremony was held in November, 2013.
- GLCA New Directions Initiative grant (2013-14). Grant funding received to support advancements in Italian language competency for use in scholarly work exploring the role of cultural tradition in health promotion.
- Thomas E. Wenzlau grant (2013-14). Grant funding received to support research work in development of a project exploring the inter-relationship between food traditions, systemic design, and health promotion during Sabbatical semester.
- Director, Ohio Wesleyan University Sagan National Colloquium (2012). Organized a high-profile speaker series focused on the mutually transformative relationship between people and food. Activities include development of promotional materials, connecting with speakers, and directing and introducing lectures and activities while visiting experts are on the OWU campus. *Title: Bite! Examining the mutually transformative relationship between people and food.*
- Thomas E. Wenzlau grant (2012-13). Funding to travel to Italy for attendance at Terra Madre, Salone del Gusto, and Balon Mundial events. This will help to develop more coursework and research opportunities focused on sociocultural variables and diet / physical activity.
- Travel Learning Course award (formerly Sagan Fellow award - 2012-13). Awarded funding and support to offer a second travel learning course in the Spring semester 2013 that will be organized around the qualitative research course, and comparison of results with similar factors in Italy during the travel component in May 2013.
- Sagan Fellow (2010-2011). Funding to develop and implement a course that will allow students to compare Social Ecological variables (especially relative to obesity prevention) between the United States and Italy through a culminating travel experience in May, 2011.
- Thomas E. Wenzlau grant (2009-2010). Funding to travel to Italy in summer 2010 to begin to develop a comparative health course around Social Ecological variables, as well as to begin examining the role of cultural values and the environment on incidental physical activity in Italy.
- Named Department Chair of Physical Education Department, 2 year term beginning July 2010.

Other Professional Activities

- Journal Reviewer: International Journal of Sport and Exercise Psychology
- Journal Reviewer: Translational Behavioral Medicine: Practice, Policy, Research
- Abstract Reviewer: Society of Behavioral Medicine 2009-2012 Annual Meetings – Environmental and Contextual Factors in Health and Behavior Change

Professional Memberships

- American College of Sports Medicine (ACSM) - member since 2001
- Association for the Study of Food and Society (ASFS) – member since 2011
- Society of Health and Physical Educators (SHAPE) – member since 2008
- Slow Food – member since 2012